



# PSIA-Rocky Mountain-AASI



## 301 MA On-Snow Applications

**Discipline:** Alpine

**Time:** 1 Day **Credit Hours:** 6

**Setting:** On-Snow, and whatever indoor time is needed to support needs of participants

**Course Description:** One day, on-snow application of skills learned in MA 301 Indoor Workshop. Participants will describe and analyze each other's skiing using tasks from Level 3 exams.

### Recommended Prerequisite Courses:

- Technical Foundations
- MA 301 Indoor Workshop
- Boot Balancing & Alignment Clinics.

### Prerequisite Skills: Level 2 MA Requirements

Note: The following prerequisite skills are assumed in an indoor/video analysis setting, to be used with peers on-snow.

Observe/Describe:

- Participants can compare/differentiate (DIRT) Ski Performance in One Skill Pool, from one phase to another. Work through all phases. Repeat process for other Skills. (Cognitive)
- Participants can compare/differentiate (DIRT) Body Performance in One Skill Pool from one phase to another. Work through all phases. Repeat process for other Skills. (Cognitive)

Analyze Cause & Effect:

- Participants can connect specific Skis Performance in 1 skill pool to a specific Body Performance in that same skill pool, 1 phase at a time. Work through all skills. (Cognitive)
- Participants can construct a Skill to Skill Relationship by describing how the application of 1 skill (Skis and Body Performance) enhances or diminishes application of another skill, 1 phase at a time. (Cognitive)

Prescribe Change:

- Participants can compare current Skis Performance and corresponding Body Performance in 1 skill pool to a more ideal performance 1 phase at time. Work through all skills. (Cognitive)
- Participants can describe how changing application of 1 skill (Ski and Body Performance) enhances or diminishes application of another skill, 1 phase at



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a time. (Cognitive) Participants can describe more ideal Ski and Body Performances in 1 skill pool, 1 phase to another. (Prescription for Change)

## Course Objectives:

*Note: of the stated objectives - the most appropriate will be applied to group based on their experience and confidence with the L3 MA processes....*

1. Candidates will describe how an observed Skis to Body Performance(1SkillPool) in 1 Phase correlates to the S/B Performance (same skill pool) in another Phase of the Turn as peers ski through Level 2 maneuvers. (Cognitive)
2. Candidates will describe a more ideal, Skis/Body Performance(1Skill) through 3 Phases as outlined in the Level 2 IDP for the first objective. (Cognitive)
3. Candidates will describe one skill (ski-body performance) through all three phases, describe another skill (ski - body performance) through all three phases - and then analyze how in each phase one skill might affect the other skill. (Cognitive)
4. Candidates will describe a more-ideal, skill-skill interrelationship in each of the phases, focusing on one phase at a time. (Cognitive)

## Sample Activities:

- Assessment of what participants need to feel **supported** and **successful** with the MA processes at each level.
- Indoor time (maximum 30 minutes) and only if necessary to review and answer questions around IDP-MA, MA Filter and MA-certification processes.

Warm up: Review L2 processes as a warm up. This should be done in a large group setting - with Clinic Leader demonstrating the initial process, and participants receiving feedback/coaching during subsequent application.

### Part 1 (Skills in Sequence AND Skis-Body Performance)

- In small groups - using Basic Parallel turns, Participants will speak to ski performance in one skill as it correlates from one phase to another. (Skills in Sequence).
- In small groups - using Basic Parallel turns, Participants will speak to body performance in one skill as it correlates from one phase to another. (Skills in Sequence)
- Participants will speak to Skis to Body Performance of same skill, as it correlates from one phase to another (Skis-Body & Skills in Sequence)
- Using the above described "real" skills-in-Sequence performance, and comparing to "ideal" (as found on IDP) - Skiers will suggest a prescription that will bring other skiers closer to ideal skills-in-sequence performance relationships (both body and ski).

### Part 2 (Skill to skill relationships)

- In small groups, using same task - candidates will choose a skill (Skis-Body performance) and will observe each others performance to describe through all three phases.



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- Choosing a second skill, and also describing (Skis-Body) through all three phases - will then compare in each phase how the skills correlate, or are interrelated.
- Coming back to Large Group - and sharing their findings - Participants will then compare the discovered “real” skill to skill interrelationships, and comparing to “ideal” (as found on IDP) - Skiers will suggest a prescription that will bring other skiers closer to ideal skill to skill interrelationship performance relationships (both body and ski). ( Skill to Skill relationships - L3 standard!)
- Breaking back into small groups - and choosing a more challenging task, terrain or condition - participants will repeat the entire above process of describing two separate skills (ski - body) through all three phases, find correlations and comparing with “ideal” suggest a prescription that will bring other skiers closer to ideal skill to skill interrelationship performance relationships (both body and ski)

## **MATERIALS:**

- MA-IDP
- MA Filter
- L2 and L3 exam processes
- Warm bodies and good snow